

Chicken Noodle Soup

INGREDIENTS

- 2TBS ghee or grass-fed butter
- 3-4 stalks celery, chopped
- 4 carrots, chopped
- 1 yellow onion, chopped
- 1-2 cloves garlic, chopped
- 1 1tsp sea salt
- 1/2tsp black pepper
- 6-8C chicken bone broth or turkey bone broth
- 1 package Cappello's fettuccine noodles, chopped
- parsley for garnish

1. Melt butter in pot then add coarsely chopped veggies, toss until well coated.
2. Allow veggies to saute for a bit until they begin to sweat (about 3-5 minutes).
3. Add sea salt and black pepper and combine well.
4. Add broth and bring to a boil then let simmer for about 10 minutes to soften veggies.
5. Add chopped Cappello's fettuccine noodles and mix.
6. Remove from heat and let sit for a minute.
7. Serve garnished with parsley.